School-night bedtime chart by age and wake-up time

Lull School-night bedtimes · instacalc.co

School-night bedtime chart, ages 5 to 17

Latest lights-out on a school night, by age and wake-up time

AGE	UP AT 6:00 AM	UP AT 6:30 AM	UP AT 7:00 AM	UP AT 7:30 AM
5	7:45 PM US 8:45 PM Canada, Australia	8:15 PM US 9:15 PM Canada, Australia	8:45 PM US 9:45 PM Canada, Australia	9:15 PM US 10:15 PM Canada, Australia
6 to 12	8:45 PM	9:15 PM	9:45 PM	10:15 PM
13	9:45 PM US 8:45 PM Canada, Australia	10:15 PM US 9:15 PM Canada, Australia	10:45 PM US 9:45 PM Canada, Australia	11:15 PM US 10:15 PM Canada, Australia
14 to 17	9:45 PM	10:15 PM	10:45 PM	11:15 PM

At 5, the US time uses the CDC's preschool range, which counts naps; at 13, the CDC already uses its teen range. Each time adds 15 minutes to fall asleep.

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instacalc.co/learn/school-night-bedtime-chart-by-age.html

Figures as of Oct 2026 · latest at instacalc.co/learn/school-night-bedtime-chart-by-age.html

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